Ready for Resilience

- Make an effort to stay in a positive frame of mind!
- Remember that problems are a natural part of learning and growing in life.
- Keep in mind the challenges that you have already overcome! If you did that, then you can do this!
- Ask for help! Not the take over my life and tell me what to do and fix me kind of help- rather the type that helps you think through issues and discover solutions for yourself!
- Keep your dreams and hopes in focus. They will pull you forward towards them!
- Listen for the inner voice of your healthy self – the part that says I think I can do this. This will allow you to gain strength from your own hard wired ability to bounce back. If you haven't heard this voice for a long time, you'll need to listen very closely – it may seem unfamiliar. But no matter how much stuff you have experienced, you still have inner strengths that you may have